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The Arizona BEEHIVE

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#HearHim

Image by Jorge C. Occo, courtesy of Church Media

Salt of the Earth

Photo by Elise Curtis
At the SALT Gathering,
women learn to embrace
each other and themselves
as they are spiritually fed.

SALT Gathering Helps Women Connect, Reflect

By Merry Gordon

“**Y**e are the salt of the earth,” reads Matthew 5:13—but a few years ago, professional photographer and mother of 4 Elise Curtis felt like she had “lost her savour,” so to speak.

“A huge message that is out in the world is that if you are a believer, you’re doing something wrong,” Curtis said. “I needed to be reminded what the Spirit felt like.”

Out of the Utah native’s spiritual discomfort came a period of reconciliation and renewal from which the SALT Gathering, a retreat for Latter-day Saint women, was born.

Pitched as an “EFY for women,” Curtis wanted a spiritual safe place not just for women in the Church, but specifically for women who were “choosing to stay.”

“Every day you have to be converted,” Curtis says. She had grown up with EFY, served a mission, married in the temple—and still found herself struggling with her testimony, caught up in a news and social media cycle that was “depleting and draining her.”

“I learned that conversion isn’t a one-time thing.

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Salt of the Earth
Continued from pg. 1

It's got to be something we work on every day. We have to choose it; otherwise, we get washed away."

Curtis envisions the SALT Gathering as a place that women could go to be continually converted, and to recharge, both spiritually and socially.

What began as a weekend retreat—held in Salt Lake, Provo and Gilbert in years past—has morphed into creative workshops and devotionals throughout the year that bring women together. One devotional even brought in Sister Sharon Eubank, the first counselor in the Relief Society General Presidency, who spoke to a crowd of 200.

"We just want to share women's stories," Curtis says. "And to serve them."

As part of that service, Curtis is especially proud of the catered lunch provided to attendees. To her, it's a symbol.

"Women in general give, give, give of themselves. I want women to come and not have to worry about doing anything for others the whole day. I want them to be fed, both physically and spiritually. I'd never get rid of the lunch."

The conference's 25-45-year-

old demographic is a "typical demo market," says Curtis, citing other events with similar goals, like Time Out for Women. What sets SALT apart is its intimacy, Curtis says.

"We target women who need to connect with other women, people that want to connect. We market to people who feel like they might be missing something spiritually."

While women might attend larger conferences with friends, they might feel overwhelmed about the event size and tend to stick to their own social bubbles—but that doesn't happen at SALT. In fact, Curtis wants women to come to SALT to meet other women and hear what they have to say. "Women need women," she says. "Women enjoy learning from other women and connecting with them."

This year's annual retreat, which could see up to 300 attendees, is slated for September 25-26 at Salt Lake City's Marriott Center. Friday night will showcase a forum on "Purpose,

Power, and Priesthood Gathering" and the retreat, with catered lunch, service project, t-shirt and "swag bag," will run on Saturday. For the first time, SALT will be recording all speakers and offering options for audio purchases. Prices and registration are detailed on the SALT website.

Featuring classes such as "Personalizing the Gift of the Atonement" and "The Parenting Pyramid: Value-Based Discipline," this year's SALT retreat provides Latter-day Saint women a venue for spiritual connection and support. SALT classes are designed to help women be better sisters, wives, mothers, ministers,

disciples—all aspects of womanhood are addressed by the courses offered.

Above all, Curtis sees the SALT retreat as a place to elevate the voices of women.

"We want anyone with a story. We've had so many people apply that we haven't had repeat speakers. We don't need to target well-known speakers," she says. "We like having a mix of some well-known people and some everyday women who have a message to share."

One of those women with a

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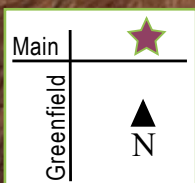
Photo by Elise Curtis
Two women share their gifts at a past SALT Gathering.

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WHAT'S THE BUZZ?

How We Can #HearHim!

Bruce R. McConkie describes in his *Mormon Doctrine* 51 different "Signs of the Times" (see pages 715-734). The 29th sign is DISEASE, PLAGUE, PESTILENCE TO SWEEP THE EARTH. He states in this section: "Despite medical advances, people are to suffer from diseases, plagues, and pestilences of undreamed proportions in the last days."

"New and unheard of diseases will attack the human system."

"The plagues and pestilences of the past will be as nothing compared to what is yet to be as the great winding up scene approaches."

Elder McConkie published these words in 1966. Sounds like his crystal ball of coincidence was working that day! Or, perhaps he had some sort of revelatory power via the Priesthood to see what was in store for the world prior to The Second Coming? If I gambled, I'd bet on the latter to be true.

So, does that mean we should give up and give in to the plagues and pestilences currently scourging the earth? In a recent video to the world, President Russell M. Nelson exclaimed, "We are living in a remarkable age, where we constantly see the hand of the Lord in the lives of His children. Our Heavenly Father and His Son Jesus Christ know us, love us, and are watching over us. Of that we can be certain."

A remarkable age, indeed, combining devastating prophesy fulfillment with incredible hope. Apparently, that's how these things work. And to help us see and feel such certain hopefulness, our magnificent church has created the #HearHim initiative.

From the HearHim.org website, "In the scriptures, God has repeatedly introduced His Son, Jesus Christ, with a specific invitation to 'hear Him.' How do we hear the voice of the Lord? How do we hear Him better, and more often? What does His voice sound like, and can we be sure we're actually hearing it? Here are four ways we can #HearHim:

"Hear Him with your heart instead of your ears."

"Hear Him by unplugging and slowing down."

"Hear Him in the scriptures."

"Hear Him in small and simple ways."

Four pathways to the still, small voice. I encourage you to check out this website and watch the accompanying videos. The Spirit is there, for all of us, even in, and especially during such times as these.

Michael O'Brien
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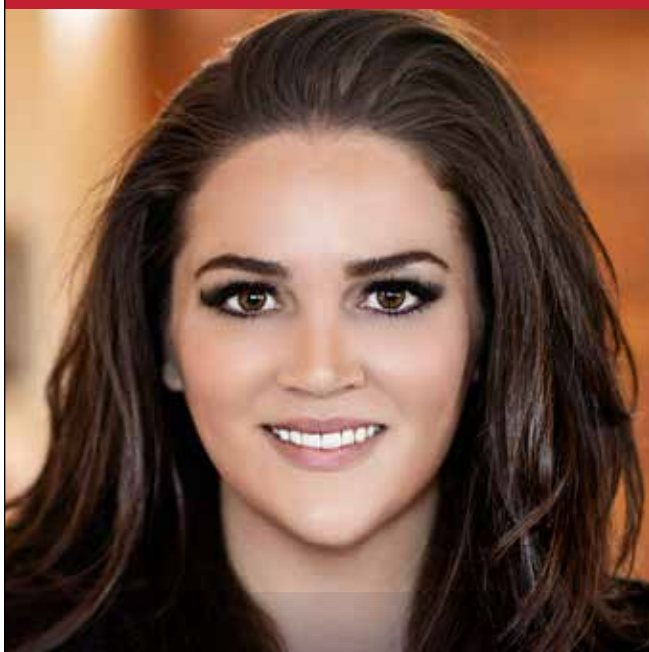
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About Jacqueline

Jacqueline Parker, Esq., is a born and raised Arizona native. She received her bachelor's degree in Classical Literature and Philosophy from Brigham Young University; her M.A. in Literature from Arizona State University; and her J.D. degree from University of San Francisco in California. Jacqueline served her 18-month mission for the Church of Jesus Christ of Latter-day Saints in South Houston, Texas and is fluent in Spanish. After joining the state bar of Arizona and spending several years in private legal practice, she is now a legal policy advisor at the Corporation Commission. Jacqueline has a vested interest in giving back to the state that she loves and using her education and training to ensure that Arizona remains the conservative, safe, and affordable stronghold that the citizens deserve. She is asking for your vote on August 4th in this winner-take-all primary election.



"Wow, was I impressed with Jacqueline Parker! She is a smart, principled, conservative who will be a powerful voice for life, personal liberty and limited government.

Politics is tough, but Jacqueline has the character to stand strong for our values – even under intense political pressure. Please join me in supporting Jacqueline Parker."

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"I am pleased to endorse Jacqueline Parker for the Arizona state legislature. Her vast policy experience has already brought common sense solutions to the state. Jacqueline's courage, work ethic, and education are what we need to defend our Constitution and strengthen Arizona for this coming decade."

—Cindy Whitlock Biggs,
Wife of Congressman
Andy Biggs



"I am pleased to endorse Jacqueline Parker. Having worked side by side with Jacqueline, I know she is the most principled conservative and will represent the voters with the highest standards of ethics and integrity. I hope you will join me in supporting Jacqueline Parker, so the Arizona legislature can benefit from her expertise and judgment in making the positive changes our state needs."

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"We need an articulate and professional woman in the legislature who will protect our freedoms and values. Jacqueline Parker is an educated and experienced attorney who knows Arizona's needs and cares about its people. Clearly, she's the most qualified candidate on the ballot."

—Nanci Wudel,
Business Owner and
Recipient of the
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"As a small business owner, I look for true conservatives who support the principles of lower taxes and smaller government. Jacqueline Parker is the most qualified candidate and understands what it takes to strengthen Arizona's economy. I also appreciate people like Jacqueline who will go fight the battles for us in this very difficult political environment and hope that you will do all you can to support her."

—Joe Farnsworth, President- CEO
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Republican ★ Arizona House ★ District 16 ★ Vote Aug. 4th

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Salt of the Earth Continued from pg. 3

message is Emma Jade, who will be teaching a class on motherhood. An Arizona mother and news anchor of 15 years, her story of conflicting directions, purpose and the Lord's timing is one to which many women can relate.

"More and more incredible career opportunities kept popping up,"



Photo by Elise Curtis

A SALT presenter teaches participants to "cling to the Savior, not to your trial."

Jade says. "We're talking covering the Olympics, red carpets, exclusive interviews with big-time celebrities, a lead anchor role on a national tv show . . . I was constantly battling between what I felt like the world thought I should pursue versus what I knew Heavenly Father wanted me to pursue."

Her class is intended to help women truly "own" the role of motherhood and finding purpose in its divine call.

The retreat isn't themed in advance, Curtis says, but she notes that the number of people who apply independently every year with similar themes show her that God truly is in the details. As far as speakers go, "they're coming to us and God is working through them. If you come and you put yourself in position to hear it, the spirit is going to teach you what you need to hear in that moment."

SALT also features a blog and an online shop.

The blog covers topics of interest to Latter-day Saint women, like insights into the lives of Biblical women like Eve and Sariah, and a "Faithful Female" series that focuses on the stories of spiritually active women.

The SALT shop features stylish clothing and accessories, but also

journals and study aides that invite women to stand in holy places and recognize their divine worth as daughters of a loving Heavenly Father.

Curtis's favorite product is



Photo by Elise Curtis
One of the "Revealed" journals available on the SALT website.

their "Revealed" journal for personal revelation.

"With the journal, I get this vision of me looking back on this full book of times God has spoken to me," she says. "If my house was on fire, it's what I would grab!"

Ultimately, for Curtis and so many others, SALT is about reconnecting.

"We can so easily forget the bigger picture," says Curtis. "I want women to remember that we are eternal. I want women to come and feel that when they're at SALT."

Visit <https://saltgathering.com/> for more information, or look for SALT on Pinterest, Instagram or Facebook.



A service project is built into the SALT Gathering weekend.

Photo by Elise Curtis



SALT provides an opportunity for women to connect with one another.

Photo by Elise Curtis

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VIRTUAL LEARNING

Genealogy Education At Your Fingertips

By Alyson Johnson

Online and virtual education opportunities have exploded due to our current global circumstances, and fortunately, the technology to accommodate the massive migration to learning via the internet has kept up pace. Conferences and classes previously held in person are now available to scores more people anytime and anywhere online, saving travel costs.

Here are some of my favorite learning sites for traditional and genetic genealogy, many of which could go under multiple headings (free unless noted with \$ sign):

WEBSITES

- **FamilySearch.org** – the Research Wiki offers lessons, strategies and resources for almost any locale; under the “Search” tab click on “Research Wiki”, and in the Wiki search “classes and webinars” then “online classes” for monthly schedule and list of upcoming and past webinars and handouts.
- **TheFHGuide.com** – a wonderful resource for learning, training, research and activities.
- **ConferenceKeeper.org** – most complete collection of genealogy events online; click on calendar tab for virtual only or all events.

WEBINARS

- **RootsTech.org** (free and \$) – video archive of 20+ free keynote, general and The Church of Jesus Christ of Latter-day Saints sessions.
- **AncestryAcademy.com** – lots of videos on a variety of topics.
- **American Ancestors (NEHGS)** – americanancestors.org/education (free and \$).
- **UtahGenealogicalAssociation (UGA)** – uga-genealogy.org – Virtual Chapter (free and \$).
- **LegacyFamilyTree Webinars** – familytree-webinars.com (\$, one monthly webinar free).
- **Virtual Genealogical Association (VGA)** – virtualgenealogy.org (\$).
- **DNA-Central.com** (\$) – webinar and short video library and self-guided DNA courses.

BLOGS

- **FamilyLocket.com/blog/**
- **LegacyTree.com/blog**
- **ClusterGenealogy.com**
- **Thegeneticgenealogist.com**
- **DNA-eXplained.com**
- **TheDNAGeek.com**
- **YourDNAGuide.com/ydgblog**
- **DanaLeeds.com**

FACEBOOK GROUPS

- **GenealogySquad**
- **Genetic Genealogy Tips and Techniques**

YOUTUBE CHANNELS

- **Ancestry**
- **BYU Family History Library**
- **Family History Fanatics**
- **Allen County Public Library (ACPL)** – The Genealogy Center

PODCASTS

- **Extreme Genes**
- **Genealogy Guys**
- **Family Locket**
- **Genealogy Gems**
- **Family Tree Magazine**

CONFERENCES/INSTITUTES

(in upcoming date order)

- **Federation of Genealogical Societies (FGS)** – fgs.org/annual-conference/ (free and \$) 2020 conference will be a combination of both live (Sept. 2) and on-demand programming (Sept. 15 to March 15, 2021).
- **Institute for Genetic Genealogy (i4gg)** – i4gg.org (\$) – tentative for Fall 2020. February 2020 conference videos available for purchase.
- **Virtual Genealogical Association Annual Conference (VGA)** – virtualgenealogy.org (\$) – Nov. 13-15, 2020.

- **Salt Lake Institute of Genealogy (SLIG)** – slig.ugagenealogy.org (\$) – Fall 2020, and two week-long sessions will be held virtually Jan. 10-15 and 24-29, 2021.
- **RootsTech.org** (\$) – Salt Lake City Feb. 3-6, 2021 will be a hybrid conference (in person and virtual). November 2020 conference in London is postponed to 2021.
- **Genealogical Research Institute of Pittsburgh (GRIP)** – gripitt.org (\$) – week-long courses held in June and July each year; several free sponsored one-hour presentations open to the public via live Zoom in 2020.
- **Institute of Genealogy and Historical Research (IGHR)** – ighr.gagensociety.org/ (\$) - July 2021.

- **Northwest Genealogy Conference (NwGC)** – stillygen.org (\$) - August 2021.

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Aloha, ARIZONANS!

By Emily Jex Boyle

Self-Reliance Course Encourages Newlywed Couple To Open Shave Ice Business

As Michael and Aidan Miller grew to know each other before their marriage in early 2020, they realized that they had a common interest in an idea for a business. Last year, they participated in the Church's self-reliance program - "Starting And Growing My Business" - to grow that idea.

"The course gave us tools and a network where everyone could help each other," Michael says.

With years of experience in the corporate world and in law between them,

For many, of all different cultures, the eight islands of Hawai'i are home. For many Polynesians, Las Vegas has become the place they have chosen to raise their families, and so it is fondly referred to as the "Ninth Island."

The Millers decided to open 10th Island Shave Ice on Pioneer Day (July 24), a day dedicated to the celebration of the building of new communities. To pay homage to the nine islands of Hawai'i, the Millers decided to call their business 10th Island. The Millers believe that people can



Photo courtesy of 10th Island Shave Ice

the Millers decided to pursue their goal of opening a shave ice business.

Their vision grew as both recognized that they had complementary skill sets to help their dream become reality.

10th Island Shave Ice offers Arizonans not only a way to escape the heat, but a sweet, authentic taste of Hawai'i, with homemade shave ice recipes made with real fruit and real cane sugar.

Aidan explains, "You won't have to buy a plane ticket to get authentic Hawaiian shave ice."

create a 10th island community wherever they go, as they bring the Spirit of Aloha with them.

10th Island's logo features an outrigger canoe. For the Millers, the canoe symbolizes the Hawaiian tradition of exploration and the sharing of the Spirit of Aloha, brought wherever the canoes would go.

With Aidan's family roots in Hawai'i, she considers the Spirit of Aloha to be at the heart of their mission



Photo by Aidan Miller

Aidan and Michael Miller participated in the Church's self-reliance program to grow the idea of opening a business. "The course gave us tools and a network where everyone could help each other," Michael says.

statement and business.

"It's about deep family bonds and inclusion," she says. "We want to bring the Spirit of Aloha to Arizona."

10th Island Shave Ice seeks to bring Arizonans a friendly, happy place, filled with love and "ohana" (a Hawaiian term meaning «family»). Aidan and Michael plan to offer shave ice throughout Arizona. Michael explains, "We want to be mobile. We want to bring the Hawaiian experience to where the people are." So the decision was made to set up shop in a food trailer.

When one thinks of Hawai'i, black sand beaches, colorful sunsets, and wa-

terfalls come to mind. The trailer itself is covered with scenes from Hawai'i, including spots for photo ops in front of a Hawaiian landscape. The couple hopes customers will not only enjoy the treats, but the overall experience at 10th Island Shave Ice.

To start, the 10th Island Shave Ice food trailer will be located at the Phoenix Premium Outlet Mall on Mondays-Saturdays from 11am-7pm. The mall is located at the intersection of the I-10 and 202 freeways in the Chandler/Ahwatukee area. You can find 10th Island Shave Ice on social media at @10thIslandShaveIce.

10th Island Shave Ice offers Arizonans not only a way to escape the heat, but a sweet, authentic taste of Hawai'i, with homemade shave ice recipes made with real fruit and real cane sugar. Aidan explains, "You won't have to buy a plane ticket to get authentic Hawaiian shave ice."



Photo courtesy of 10th Island Shave Ice

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—Reverend A. D.



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While each year, tens of thousands of Church members pursue higher education at a Church college, university or other institution, millions more are hampered because of high tuition costs, self-doubt, time constraints, physical distance or other reasons. For those individuals, BYU-Pathway Worldwide offers a welcome solution—an opportunity to obtain a quality, affordable, spiritually based, university degree completely online, from anywhere in the world.

President Russell M. Nelson says, “BYU-Pathway Worldwide brings an innovative approach to education—one unique to the Church Educational System, and to the world.”

That approach begins with PathwayConnect,

a one-year, low-cost, online program that allows students to start or return to college, while working around job requirements or other responsibilities. PathwayConnect includes a religion course each semester along with courses that focus on professional and life skills. In addition, students gather once a week, either at a local church building or an online gathering, to share ideas and support.

After completing PathwayConnect, students can apply those credits and continue paying the same low tuition cost as they move to earning certificates, an Associate and then a Bachelor’s degree from BYU-Idaho. (Learn more, including how BYU-Pathway applies to returned missionaries or to those with limited English skills, at http://bit.ly/What_is_BYU-PathwayWorldwide_2020.)

Since 2009, when first introduced in three areas, including the Phoenix East Valley, BYU-Pathway has not only spread across the metro area, it has covered the globe, with more than 44,000 annual enrollment, including students in all 50 states and 145 countries.

Robert and Kathleen George, BYU-Pathway service missionaries since 2009 who are Mesa Zone Leaders providing Field Operations Support for the North America Southwest region, explain: “Pathway is about hope. Hope for a better life, hope for personal light and knowledge, hope for more self-reliance. For those who think the education train has left them ... Pathway brings hope. For those who may have made

Continued on pg. 14



Photo courtesy BYU-Pathway Worldwide

Students around the world enjoy the affordability and accessibility of higher education through BYU-Pathway Worldwide.



A Record of Sacred Experiences

BYU Graduates Create Temple Journaling App

By Emmilie Whitlock

Two BYU graduates are helping Latter-day Saints carry the experiences of the temple long after leaving the grounds—right inside their pockets.

Temple Journal is a new journaling app for members of the church to track their temple attendance and record thoughts, feelings and promptings following temple worship.

“We want to help people attend the temple more and make it easier to journal about their experiences there,” says Christopher Cardenas, one of the app’s developers.

Cardenas, a Florida native, along with fellow app developer Robinson Paz, who hails from Lima, Peru, created Temple Journal for Apple iOS as BYU graduate students. Paz and Cardenas entered their app in BYU’s annual App Contest,

where they placed fourth overall this March.

Their vision, Cardenas says, was two-fold: get users excited to journal about their temple service, and help users create a record of sacred experiences to look back on during challenging times.

“Not everyone has easy access to temples,” Cardenas says. “This app can help them keep their memories of attending the temple in a sacred place.”

Cardenas, the lead researcher for app development, says he wanted to create a user experience that would help members get excited about their temple service.

After attending the temple, app users can log a journal entry by uploading photos from outside the temple, tag the temple they attended, indicate the ordinances they completed and journal any thoughts or promptings they had during their service.

Cardenas says he and Paz took inspiration from past church leaders who



Photo courtesy of Christopher Cardenas

Caption 2: Robinson Paz (left) Christopher Cardenas (right) at BYU’s app contest, where the team placed fourth.

recorded revelations now compiled in the Doctrine & Covenants.

“This app is a way for users to journal their temple experiences ‘while yet in the spirit’ of their temple worship,” he says.

Cardenas says his and Paz’s vision is for temple patrons to leave the temple, sit quietly in their cars while still on the temple grounds, and jot down the impressions they had during their visit.

“We want to facilitate record keeping about the temple with journaling text and maybe even uploading a selfie at the temple,” he says. “The idea is to

Continued on pg. 14



Photo courtesy of Christopher Cardenas

Art from the app of the new temple journaling iOS app, Temple Journal.

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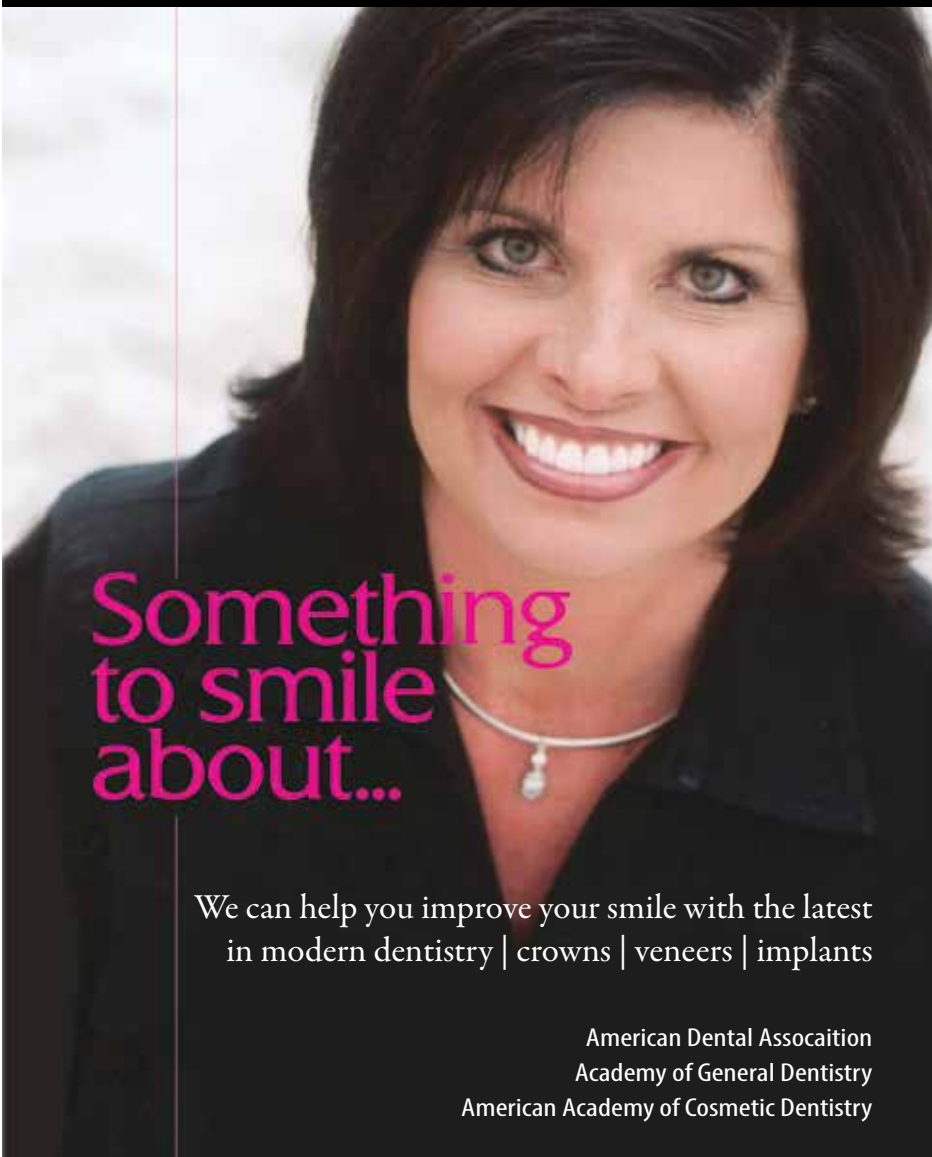
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Self Reliance - Education Continued from pg. 12

poor choices at a young age or dropped out of school ... Pathway brings hope. For those who lack confidence to move forward ... Pathway brings hope!"

They add, "With Pathway's strong support of fellow students, instructors and Service Missionaries, anyone can start or return to college. ... Young, old, members or friends of the Church—This is the Lord's divinely inspired program for all His children!"

Many in the Phoenix area have found this to be true.

After being in and out of college, Brenton Beals found attending PathwayConnect classes at the Glendale site to be a perfect fit. "Pathway is affordable and accessible," Beals said. "In every aspect, it is the #1 online university option in the world. Pathway is doing more to improve the temporal and spiritual lives of the Saints around the globe than anything else."

Karen Brown, who enrolled in PathwayConnect at 58, said, "Pathway was a life-changing experience for me. ... against all odds and with a lot of help, I'm advancing towards my degree. It can be done, because I, Karen Jo Brown, did it. Yeah! Pathway Rocks."

Fall semester starts September 14. Learn more or apply at byupathway.org. To inquire about becoming a service missionary, contact your stake president.

A Record of Sacred Experiences Continued from pg. 12

record your feelings while yet in the spirit."

The app includes a statistic-tracking element which, Cardenas says, is a key feature that can help users develop a habit of temple attendance.

"Seventy percent of people I spoke with in [my research] said this type of app would help get them to the temple more," he says.

The app keeps a tally of the ordinances users complete each year and shows a numerical representation of how the user's temple service is helping to gather Israel.

Additional features include a map of all temples worldwide, including temple-specific information such as clothing rental options and cafeterias for each temple.

Though temples have been closed intermittently to members seeking to complete proxy work, Temple Journal allows users to retroactively record and journal about past temple worship.

Temple Journal is available for download in the App Store for Apple users. For more information on Temple Journal, visit the app's website: ldstemplejournal.com.

BARBARA BENSON WALKER

A Personal Remembrance

By Heather Sandstrom

We've been so blessed to have my sweet mother, Barbara Benson Walker, live with us in Mesa the past two years. Our children and grandchildren got so close to her! She was so positive and happy and still singing every day to all the nurses and family, but passed away on March 26, 2020.

Because of COVID-19 and social distancing, we held her funeral at our home in Mesa with just 10 people. President Russell M. Nelson and his wife, Wendy Watson Nelson, viewed from Salt Lake City, and about 1,500 people from North America tuned in via Zoom.

Because of travel restrictions, we finally got to hold her burial in Whitney, Idaho on June 20, her 86th birthday, in Whitney, Idaho. She is buried next to our dad, Dr. Robert H. Walker, and her parents, President Ezra Taft and Flora Benson, and her two older brothers, Reed and Mark.

I'm so grateful for a mother who had such great faith and a powerful testimony of the Gospel of Jesus Christ and the Book of Mormon. She endured cheerfully and valiantly to the end. Through her whole life, even in her last few years, she was the most fun, optimistic, encouraging, generous, positive, complimentary and grateful person I know. She made everyone feel like they were her best friend. She could find the good in any situation.

Every day, she'd say to all of us, "This is heaven on earth!" and "You



Photo courtesy of Heather Sandstrom
Barbara Benson Walker in 1963.

spoil me rotten and I love every minute of it!" She had a song for everything and I accompanied her every day in singing operas and hymns.

Her passing was a tender experience. My sister and daughters and I had been singing to her and sharing fun memories by her bedside for weeks. I went outside for a few minutes to blow bubbles with our grandsons. As I was waving the wand and watching the bubbles go up in the air, I felt this incredible peace, a joyful, uplifting feeling. I felt like I was in heaven and wondered if her loved ones were coming to greet her. I ran in to check on her and her breathing was very sporadic. I called my daughter and sister into the

room and she took her last few breaths as we sang "Lullaby and Goodnight" to her. It was so tender and sweet.

President Russel M. Nelson said, "The only way to take sorrow out of death is to take love out of life." Sister Wendy Watson Nelson said, "Can you imagine the gathering on the other side? There's nothing small about that welcome party or her glorious graduation gala." Our grandpa, President Ezra Taft Benson, said, "When we put

God first all other things fall into their proper place or drop out of our lives." This scripture, D&C 123:17, is exactly how mom lived: "Therefore, dearly beloved brethren, let us cheerfully do all things that lie in our power; and then we may stand still, with the utmost assurance, to see the salvation of God, and for His arm to be revealed." She really did "Hear Him," and blessed others along the way.



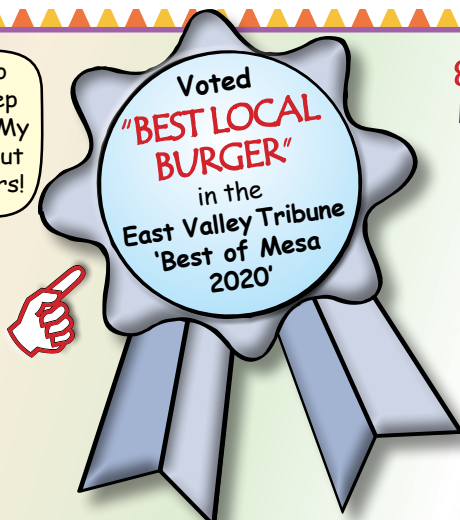
Photo by Marianne Overton Photography
Barbara Walker and her daughter, Heather Sandstrom, in 2019.

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ALL TIED UP!

ENTREPRENEUR DADS PROVE TOUGH ENOUGH FOR "SHARK TANK"

By Merry Gordon

These days, Latter-day Saint entrepreneurs Skylar Bennett and Kevin Shoemaker are all tied up.

The founders of Gilbert-based Tough Apparel recently appeared on ABC's "Shark Tank" to pitch their line of durable and stylish clothing accessories.

Their journey started when the ASU grads, hired a week apart at the same commercial real estate firm, became fast friends and found they had a lot in common—including a frustration with traditional neckties.

"We worked in a very professional, shirt-and-tie everyday atmosphere, and it was awful having to dress that sharp every day," says Bennett. Traditional ties were expensive, poorly constructed and not machine washable—a big drawback for the two fathers, who knew that life with young children gets messy.

Bennett and Shoemaker redesigned the necktie, adding a micro-fiber cleaning tip and strategic tie keeper placement while ditching the felt inserts and traditional split stitch

for an "iron lock" seam. Best of all, the liquid-resistant performance fabric they use is not only stylish, but machine washable.

"It's just one of those common-sense things that hadn't been developed," Bennett says.

Within a few years the two knew they were onto something, and in 2017 they left the real estate field to pursue Tough Apparel full time, branching out into other menswear products.

Their designs range from the classic to the offbeat. "What you wear should be an expression of your personality," says Bennett.

They often solicit style advice from their wives, who "have to look at us all day," says Shoemaker, and from their customers.

"We love talking to our customers," Shoemaker adds. "We'll pick 50 patterns and narrow to 10 or 15 based on their feedback."

While they have great success at local markets—"if we can get in front of our customers, they'll buy," Bennett says—they've received national attention through appearances on "Shark

Tank," a show that allows entrepreneurs to pitch to real-life investors.

Season 11 saw the pair proving their "life-proof" ties were also "tank-proof," and a memorable run culminated in investor and television personality Robert Herjavec sinking \$100,000 into Tough Apparel for a 35% return.

The "Shark Tank" experience was grueling, the two admit, but tremendous fun. "Day after day, we were just screaming our pitch in our hotel room," Bennett laughs.

The "ready for anything" mentality during the show's filming helped them adjust during the recent pandemic.

"We've had to pivot and adapt every day of our lives," says Shoemaker. After a shutdown mandate, Tough Apparel "sat dead for 8 weeks" until they realized that the same equipment that produced their ties could produce a line of face masks.

"I don't think that this calamity changes anything," Shoemaker states. "It's always been there—it's part of life. You adapt, you figure it out, you move forward."

For Tough Apparel, that's part of the



Photo courtesy of Tough Apparel

The Valley entrepreneurs were featured on Season 11 of "Shark Tank," where they pitched their wares to potential investors.

journey.

"We're here to help people on their journey through life. All our products are designed to give you confidence so you can be your best self."

You can find Tough Apparel online at toughapparel.com, at Pomeroy's in Mesa or Tough Apparel's own Preach Supply in Gilbert.



The Tough Apparel founders pitch their ties to the "Shark Tank" sharks.

Photo courtesy of Tough Apparel



Photo courtesy of Tough Apparel

Tough Apparel founders Kevin Shoemaker and Skylar Bennett think fashion should be fun and durable.

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PREP YOUR MISSIONARY

Serving In Isolation

By Allison Beckert

Proclaiming the restored gospel of Jesus Christ is one of the primary purposes of the Restoration. The purpose belongs to all of us, and was not named as a pillar of the Church only for the benefit of full-time missionaries. Full-time missionaries are at the service of God but are not meant to carry the burden of our shared purpose alone.

We can serve where we are. Whether you have found yourself quarantined, sheltering in place or otherwise isolated, it has become clear that the ways we usually share the gospel are not constant. We've learned from the Book of Mormon that when sharing the gospel, members matter. For example, the Sons of Mosiah, while on their missions, relied on believers reaching through their connections, their home networks, and their families to share what they knew. How many of us have isolated ourselves from all influences other than fellow members? What can we do to be in a position to reach those who need the message of the Gospel of Jesus Christ? Full-time missionaries are the support of members and they rely on our connections more than ever.

In a release from the Church Newsroom on June 14th of this year, Elder Uchtdorf shared a statement entitled "Embracing the Future of Missionary Work." In it, he discusses the "immense good that comes from the righteous and intentional use of technology," the benefits of increased communication between members and families supporting full-time missionaries, and several other wonderful examples from missionaries who have taken creative approaches toward fulfilling their purpose in these last few months of rapid change.

"The future of missionary work is bright," Elder Uchtdorf said. "We are learning much and the Lord has lessons in store for all of us as we seek to hear Him and find new ways to share His gospel. Now, it's our turn to make the best we can out of this. I hope that we will not yearn to move back to something that didn't work well in our lives before COVID-19, but rather look to the future with hope."

Sharing the Lord's message of hope and love is more important now than ever before. To help the message reach those who need it, consider inventorying your talents, your networks, your skills. Let's ask ourselves: Am I in a position to bless others with His message, even as an example, or am I effectively quarantined from those who need our influence and love? Let's allow the Spirit to lead our next steps to our neighbors and friends in need, whether this involves service from a distance or exercising our ability to befriend, support, love and connect to those not of our faith. We are all missionaries!

Photo by Church Media

Churchofjesuschrist.org is a great place to start your missionary journey.

Safe At Home

Returned Missionary Drive-By Parades

By Cindy R. Williams

Missionary drive-by parades are the new “welcome home” for returned missionaries during this global pandemic. With social distancing becoming a way of life, the tradition of open houses and speaking in sacrament meeting have ended for a time.

Members of the Church of Jesus Christ of Latter-day Saints are known for being crafty, inventive, frugal and big on get-togethers. It’s no surprise that enterprising families have created a new way to celebrate the return of their missionaries.

The Church chartered two Delta jumbo jets and brought U.S. and Canadian missionaries home from Guatemala on March 30, 2020. Once home, the missionaries entered a fourteen-day quarantine. Elder Chase Williams of Gilbert was one of those



Cindy Williams, Elder Chase Williams, Jeff Williams experienced a very different missionary homecoming during the pandemic.

Photo Courtesy Cindy R Williams



Photo Courtesy Cindy R Williams

Elder Chase Williams returns home from his mission.

missionaries.

Williams says, “Since we are unable able to meet in our building currently, my mom suggested we do a ‘drive-by’ where we sit in camping chairs in our front yard and people drive by and wave and talk to us from their car windows.”

“We invited the other missionaries that had been flown home early to be

Continued on pg. 23

NEW WAVE MEXICAN SOUL FOOD

Jalapeño Bucks Serves Up Local Arizona-Style Barbecue

By Emily Jex Boyle

I confess: I crave BBQ when the orange blossoms are out. Here in Mesa, it’s become a regular thing, dinner at Jalapeño Bucks with its “New Wave Mexican Soul Food” on the corner of one of Arizona’s oldest orange groves.

We dig into our order of hot tortilla chips and fresh mango salsa along with plates of brisket quesadillas and Sure Crazy sauce. Sitting there, watching the last of the sun’s rays

paint Red Mountain as Neil Young sings “Heart of Gold.” We take it in. For a moment, the world feels just about as right as it could.

Their most popular dishes: the green chili shredded beef burrito with cheese and the brisket sandwich.

After years of making sauces, salsas and burros from home for family and friends, Duaine and Dianne Burden, owners of Jalapeño Bucks, watched demand grow. With email/text lists of more than 650 people, the menu went out Monday and pick-up was Saturday from a fridge on the Burdens’ porch. Payment was on the honor system: leave money in the box. One weekend after rolling 30 dozen burritos, Duaine looked at Dianne and said, “I’m go-



Photo courtesy of Duaine and Dianne Burden

Duaine and Dianne Burden, founders of Jalapeño Bucks.



Photo by Duaine and Dianne Burden

Duaine and Dianne Burden opened Jalapeño Bucks in April 2015 in the family orange grove after years of making food for friends out of their home.

“I kinda forced her to come,” he says. “But she seems to have had a

change of

heart after she looked at the cash register at the end of the day. The next work day, she got up an hour earlier and told me to get up.”

On the second day, some local Boeing employees stopped in for lunch. One customer insisted on a brisket sandwich. They’d never made one, but it soon became a menu

ing to build you a restaurant.”

It took two years to build. In April 2015, Jalapeño Bucks opened its doors on the Burden family’s orange grove in North Mesa, one of the oldest groves in Arizona.

Duaine remembers Dianne’s hesitation in opening the restaurant:

Continued on pg. 23

Safe & Ready To Care For You!

Mountain Vista Medical Center

By Katherine Ogden



Photo by Robert Ogden

Susan Burchill, Director of Marketing and Communications for Mountain Vista Medical Center.

If you're looking for a medical center with a small, community hospital feeling but the most advanced equipment, then Mountain Vista is the place for you.

Mountain Vista Medical Center, a Steward-family hospital, is a 178-bed modern hospital located in East Mesa that offers comprehensive health care services for a broad range of

medical conditions. Staffed by a team of highly skilled health care professionals, Mountain Vista is committed to providing safe, effective, high quality health care for their patients in a friendly hospital environment.

Staff at Mountain Vista Medical Center encourage patients to take an active role in their health care and believe they should make informed decisions about the physicians and

hospitals they trust to provide that care. The Florence Hospital, a campus of Mountain Vista Medical Center, is a 20-bed state-of-the-art hospital located in Florence, Arizona, also offering many of the same comprehensive health care services.

In a resort-like setting, with features such as all private rooms, electronic

health records, room service and wireless internet access, their services

Continued on pg. 27

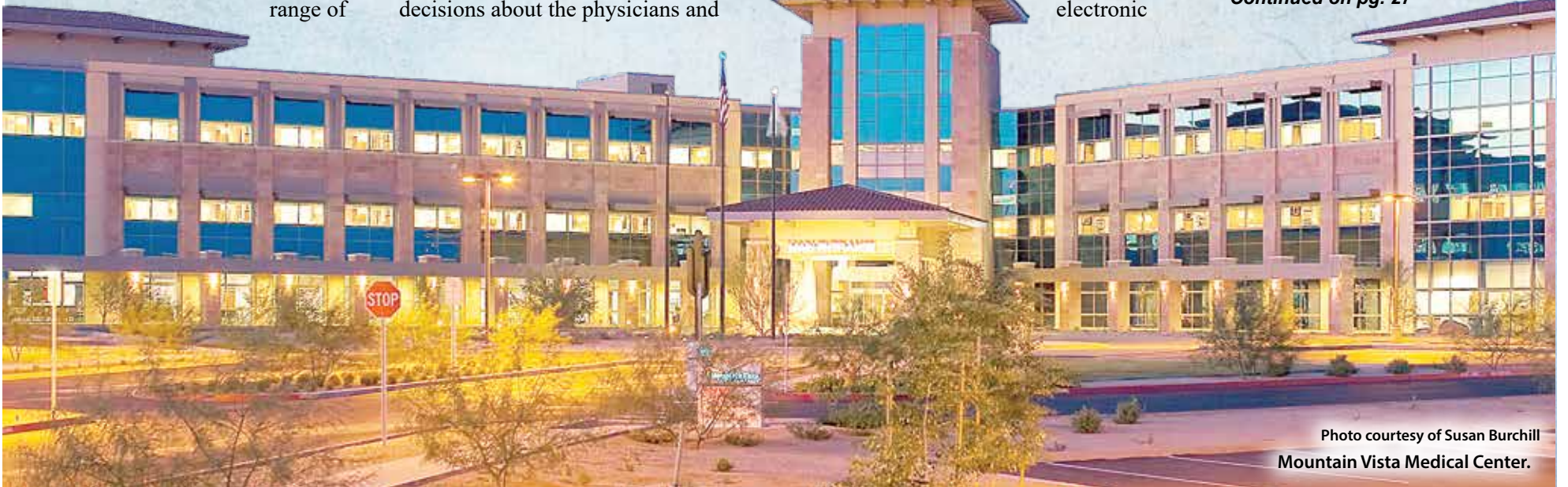


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In the Footsteps of Mulek

Latter-day Saint Joins Expedition to Recreate Book of Mormon Voyage

By The Arizona Beehive

It's not every day that a 600 BC sailing vessel crosses the Atlantic Ocean in modern times. In February of this year, a Phoenician replica ship did just that—making landfall in the New World after sailing from the Mediterranean Sea. Its mission? To prove that the ancient Phoenicians could have successfully navigated from the Old World to the Americas thousands of years before Christopher Columbus.

Last month, I had the opportunity to speak with Boyd Tuttle, one of two Latter-day Saint crew members who participated in this expedition. For them, the adventure had a faith-building component. If it could be shown that Phoenicians were traversing the Atlantic in ancient times that would give credence to Book of Mormon

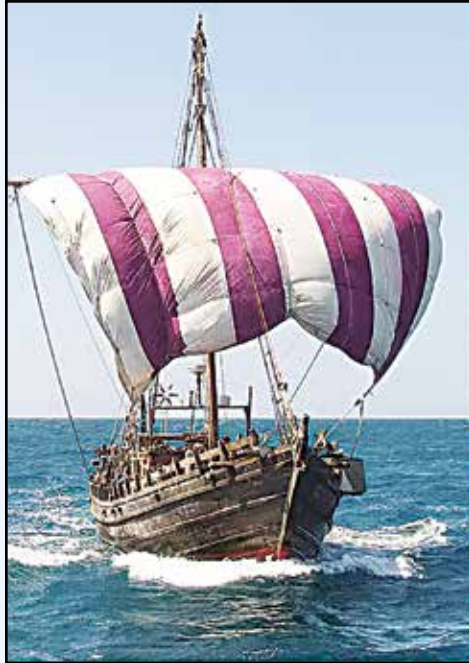


Photo courtesy of Boyd J. Tuttle
The Phoenician at sea.



Photo courtesy of Boyd J. Tuttle
Boyd J. Tuttle.



Photo courtesy of Boyd J. Tuttle
Phoenicia under construction 2007.

An avid reader and book publisher himself, Tuttle sought out Beale's U.K.-published book, *Sailing Close to the Wind*, eventually becoming the USA distributor for Beale's book. It was some time later that Beale



Captain Phillip Beale.

Photo courtesy of Boyd J. Tuttle

migrations like that of Lehi, Mulek, Jaredites, and others.

I asked Boyd what could have possessed him to board a really small 2,600-year-old-design wooden vessel and sail across the open ocean on a voyage that had never before been attempted?

"I wanted to see firsthand if such a primitive vessel was capable of carrying Mulek's family across the 'great deep' to the Promised Land," Tuttle said.

Led by former U.K. Royal Navy officer and adventurer Philip Beale, Tuttle and 10 other crew members boarded the replica ship and departed the port city of Carthage, Tunisia on September 28th, 2019.

"Philip Beale is such a visionary," Tuttle said. "This whole concept was

his brainchild—from the ship's construction to the voyage itself."

Beale commissioned and built the 67-foot long, 20-foot wide, 50-ton replica in 2008 using traditional methods on the island of Arwad off the coast of Syria. The design was based on a remarkably well-preserved 2,600-year-old Phoenician shipwreck ("Jules Verne 7") found off the coast of Marseilles, France in 1993. After christening the new ship *Phoenicia*, Beale set sail on a series of expeditions to expand human knowledge about ancient Phoenician sailing capabilities.

Tuttle first came across Beale's work in 2010 when a friend shared a report from his first expedition, where *Phoenicia* successfully circumnavigated the African continent.

"I was struck by the parallels to



Photo courtesy of Boyd J. Tuttle

Boyd J. Tuttle at the helm of the Phoenician in the Mediterranean Sea.

Lehi's voyage. When I heard Philip was planning to sail from the Mediterranean to America, I knew I had to be a part of it," Tuttle said.

invited Tuttle to join the *Phoenicians Before Columbus* expedition in 2019.

Continued on pg. 21

Go Forth Upon the Many Waters Continued from pg. 20

“It was the adventure of a life-time,” Tuttle said. “The 12 of us rotated on 6-hour shifts, taking turns manning the helm, adjusting the sail, looking out for other ships, prepping food, and checking for leaks! Sleeping in a swinging hammock—sometimes violently—was a particular challenge.”

What was the most unexpected thing about the mission? For Tuttle, it was the relative ease with which the ancient vessel was able to manage the Atlantic crossing.

The following excerpt from the ship’s log Feb 4, 2020 demonstrates this point:

The fact that Phoenicia made the journey across the Atlantic from Tenerife to the Caribbean Islands under the same conditions, technology and tools as the ancients, and that the entire voyage was completed in just 37 days—absent any of the death-defying drama seen in Thor Heyerdahl’s earlier reed boat expeditions—is perhaps what makes this voyage so significant. The Phoenician ship made the voyage seem almost routine... as if she were ready for a dozen more roundtrips.

“Science is showing us that trans-oceanic travel in Book of Mormon times is no longer such an implausible notion,” Tuttle said.

Tuttle, who owns and operates Digital Legend Press (DLP), a regional publisher and distributor of LDS and

other books out of Salt Lake City, is now writing a book of his own that will complement a library of more than 200 published titles, 32 of which deal directly with the historicity of the Book of Mormon. His new book, titled *In the Footsteps of Mulek*, will go into much greater detail about the array of discoveries made during his *Phoenicians*

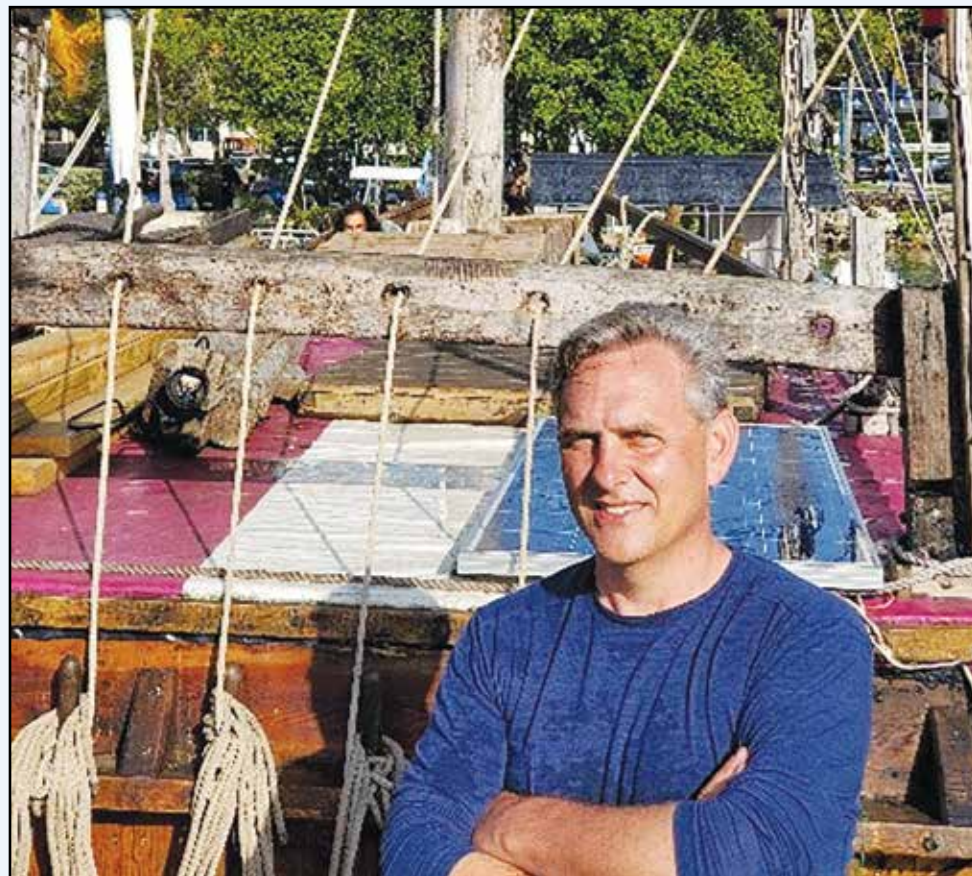
Before Columbus expedition. That book is slated to come out sometime next year.

For those interested in delving more into Phoenician and other historical ties to the Book of Mormon, Tuttle suggests the recently released *Annotated Edition of the Book of Mormon* (see display ad below).



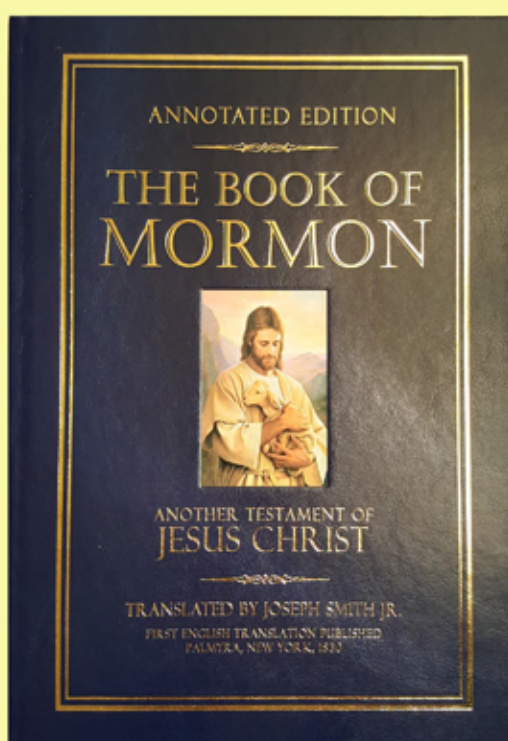
Expedition Map.

Photo courtesy of Boyd J. Tuttle



Tuttle at the end of the Voyage, Miami Florida.

Photo courtesy of Boyd J. Tuttle



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Amazon Review ★★★★★

“First off, the production quality of this book is off the charts. It is so beautifully put together from the rich leather cover with the lovely embossed picture of Christ to the gold gilding to the full-color illustrations and annotations. I’ve never seen anything like it!

I found the book amazingly well-researched. Insights and evidences interspersed throughout the Book of Mormon text itself. Then the text formatting makes passages I’ve read so many times come alive in a refreshing and invigorating way, colorized fonts that show voices, poetic structures, Hebraisms, and many other ways of bringing authenticity and clarity, shines new light on these precious words of scripture. My whole family is loving it! Thank you, thank you, thank you...”

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Back 2 School During A Pandemic

Schools have started releasing their return-to-learn plans, and, understandably, teachers, parents, and children are feeling anxious and concerned. Children and teenagers are people independent from their parents and teachers, but they definitely pick up on the attitude modeled in the home and in the classroom. This article's aim is to present some home-centered practices that can prepare teachers, parents, and children for facing the realities of returning to learn in a school setting successfully regardless of the school's plan and how poorly or well it all turns out!

Reflect on what kind of attitude you have been modeling. What other time in history would such a luxury of going to school during a pandemic have been afforded? Your child gets to take advantage of either of state-run or private educational service in a sanitary and safe setting! Help them avoid criticizing and enjoy their opportunities by modeling it yourself. Intentionally shifting the focus

of home conversations can help your children see themselves as students and warm them up to ease into the new environment. You can choose a day to formally shift this focus. For example, one week before school starts up, the family can set goals specifically targeted to school experiences. The Church has a wonderful goal-centered focus for children and youth that can be accessed through your paper booklets or through the Gospel Living App. Start or review goals together and with the lens of attending school. Modeling is key, so this is a wonderful time for parents to set their own goal and explain their reasoning and what they hope to see happen during this school year.

For disinterested children or teenagers, a less structured approach may be helpful. Find something interesting. For example, you have an opportunity to learn about local governments and the right to protest. Many parents may feel afraid, but instead of modeling fear, embrace this as an opportunity to become aware. Learn together. Who is your

mayor? Who are the local activists? What are their goals? Where have they been posted? Becoming aware of what is happening locally is educational, interesting, and can help your family bond and find opportunities to serve. What does your family want to do right now? Who can you write letters to? How can

you show gratitude? How are your homeless and hungry populations? Have you shared with them lately? Every home is different, so prayerful pondering and practicing as a model yourself can help parents better understand what their home needs right now to prepare to return to school.



Photo by Étienne Godiard

Help you children feel thankful instead of critical for masks. Make or buy them a special mask that they will be excited to wear to school. We wear masks on other dress-up occasions and love them!

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What's Cooking?

By Lana Granfors

Tomatoes, tomatoes, tomatoes! So many tomatoes! If your garden is producing an abundance of tomatoes, this soup option is for you. Enjoy with a sandwich for lunch or as a first course with dinner. When preparing, I find there is no need to peel the tomatoes if you are using a blender or processor to finish. You'll appreciate serving this cold soup on a hot summer day.

COLD & CREAMY SUMMER TOMATO SOUP



Photo by Kara Stewart

INGREDIENTS:

- 2 T butter or extra virgin olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 8 large ripe tomatoes, peeled, seeded and chopped (see above)
- 1 T fresh basil
- ¼ tsp red pepper flakes, optional
- Salt and freshly ground black pepper to taste
- 1 tsp Worcestershire sauce
- 3-4 cups stock, chicken or vegetable
- 1 cup half and half
- Fresh basil leaves for garnish

SERVES: 6-8

PREP TIME: 10-15 minutes

COOK TIME: 10 minutes

TOTAL TIME: 20-25 minutes

DIRECTIONS:

STEP 1: In a large stainless steel saucepan, melt the butter or olive oil. Add the onion and cook over moderate heat for about 3 minutes, stirring. Add the garlic and continue cooking for another 3 minutes. Add the tomatoes, basil, pepper flakes, salt, pepper and Worcestershire. Increase the heat slightly, stir and cook 10 minutes longer, stirring from time to time. Add part or all the stock, depending on thickness preference. Stir and remove the pan from heat. Let the soup come to room temperature.

STEP 2: To puree the soup, use a handheld immersion blender right in the pan until smooth, or transfer in batches to a blender or a food processor and reduce until smooth. Check and adjust the seasoning if needed. Transfer to a glass container and cover. Chill in refrigerator, preferably overnight. When ready to serve, add the half and half and stir until well blended. Adjust seasonings. Ladle into soup bowls and top with a basil leaf.

Safe at Home Continued from pg. 18

a part of a driving route. We posted on Facebook, including our ward Facebook page, and texted friends to alert them of the drive-by parade," Williams continues.

"Many friends and ward members lined up down our street and drove by that evening. They rolled their windows down to yell 'welcome home' and ask a question or two. It was good to see so many people. Some made 'welcome home' posters. Others brought goodies and cards to drop off, so we placed a TV tray on the front sidewalk. One family opened the sky light in their van and several of the children stood up and waved to me from out of their roof. It was pretty funny."

Gilbert resident Chad Richins rigged up a large jumbotron on the back of his truck with a running light show that read, "Welcome Home Elder Williams and Elder Trudeau."

"It was super cool to have many of my friends and members of our ward family drive by and wave or shout out

'Welcome Home, Elder Trudeau,'" says Bracken Trudeau of Gilbert. "I served in Mexico, Monterey East Mission, and was flown home by the Church in an effort to keep missionaries safe. This missionary parade helped me begin the transition back home."

Trudeau added, "We had already been in quarantine several weeks before we came home, so it was great to be outside and have so many people drive by and welcome me home."

Karen Curtis and her husband, Neil Sorensen, participated in the missionary drive-by parade for Williams and Trudeau.

"We loved the opportunity to drive by and welcome home our ward missionaries. We had been cooped up in our home and this drive-by was a wonderful opportunity to still retain our social distancing, yet be able to associate with some of our favorite missionaries. This was ingenious!" said Curtis.

"It was wonderful to look back behind us and see and wave to all the cars lined up with so many of our ward friends," Curtis added.

Mexican Soul Food Continued from pg. 18

favorite.

The name of the restaurant comes from Duaine's Xbox nickname from years ago with his kids. Duaine says, "They usually played better than me but they liked my name and I guess it stuck."

Duaine and Dianne have been married 42 years. Both from Mesa, the Burdens met cruising Mesa's Main Street between Mesa Drive and Country Club. They attended

rival schools, Mesa and Westwood. Through the years, they've been filling bellies and bringing smiles.

"Duaine and Dianne Burden are favorites of mine," Cheryl Alder says. "Always generous with their time and food, favorites to cook for girls camp and stake gatherings many times. Truly caring and wonderful people."

Open Tuesday-Saturday, Jalapeño Bucks begins serving at 10am, closing on 6pm on weekdays and 7pm on weekends. (480)459-3050, 3434 N. Val Vista Drive, Mesa. www.jalape-nobucks.com.



Photo by Emily Boyle
Jalapeño Bucks offers delicious AZ-style BBQ with covered patio seating.

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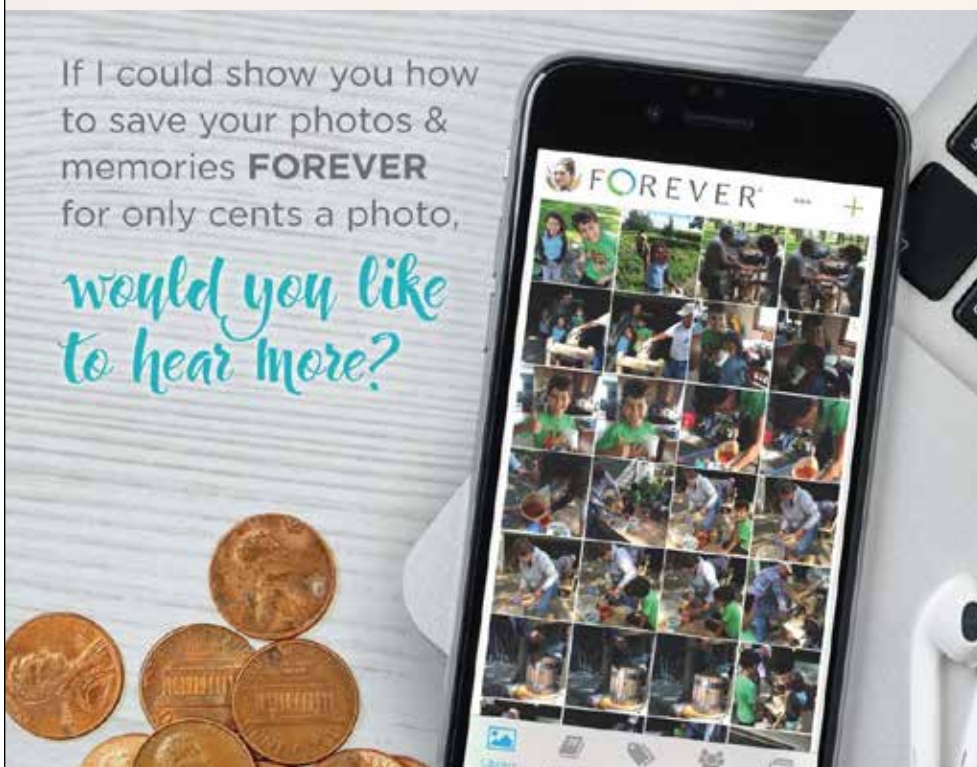
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Come Follow Me

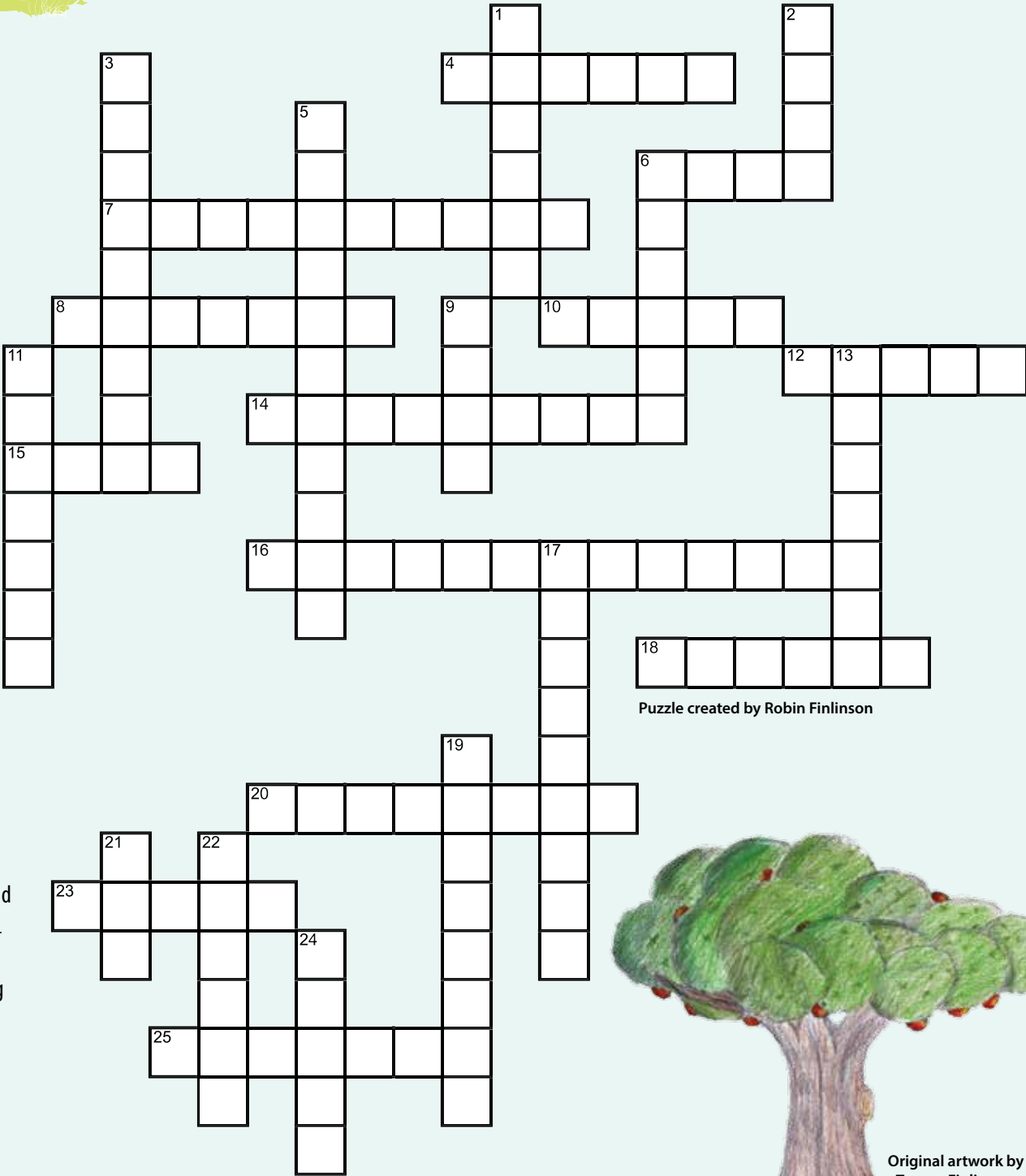
Our FHE feature is now called “Come, Follow Me!” This crossword puzzle supports the readings in the 2020 Come, Follow Me Manual scheduled between September 7 and October 25. Your family can find all the words of the puzzle in Third Nephi of the Book of Mormon by reading the verse(s) of 3 Nephi cited beside each clue (chapter:verses).

Across

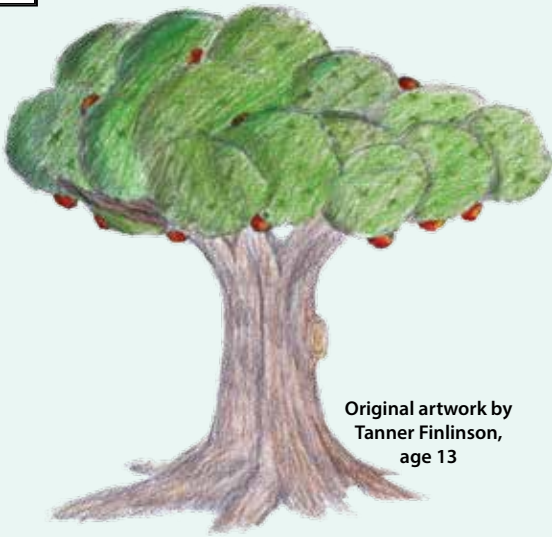
- 4 Jesus commands that words of two prophets be added to the Nephites’ incomplete records: those of Malachi and of _____. (23:6-13)
- 6 Word describing the people established in America by Heavenly Father’s power. (21:4)
- 7 Giddianhi threatens to destroy the people of God unless they yield up everything they have and become like the robbers and _____ with their secret works. (3:6-7)
- 8 Number of cities mentioned by name that were destroyed during the great storm. (9:3-10)
- 10 Before defending their families and liberty from the robbers, the converted Lamanites and Nephites did this. (2:12)
- 12 Thanks to repentance, baptism and remission of sins, the people began again to have this. (1:23)
- 14 Righteous governor who exhorts the Nephites to pray for strength rather than give in to the robbers’ demands. (3:12)
- 15 The Nephites knew the words of all the holy prophets “_____ be fulfilled.” (5:1)
- 16 The one thing that would hinder the people’s continual prosperity. (6:5)
- 18 Nephi, grandson of Helaman, had such great faith in Christ that no one could disbelieve his words and _____ ministered to him daily. (7:18)
- 20 In chapter 11, all three members of the Godhead are personally involved in teaching the Nephites. The people hear the voice of Heavenly Father and feel in their hearts the Holy Ghost. Then they see and hear Jesus Christ and touch His resurrected body. They are certain it is He of whom the _____ had written. (11:15)
- 23 The house of Israel is also known as the house of _____. (5:25-26 & 10:4)
- 25 Anyone who wants to be forgiven by Heavenly Father needs to do this. (13:14-15)

Down

- 1 Action necessary to fulfill the covenant made to all the house of Israel. (16:5)
- 2 The number of Nephites that saw and touched the resurrected Savior was around two thousand and _____ hundred. (17:25)
- 3 Lies and flattery by some of these people led many young Lamanites to join the Gadianton robbers. (1:29-30)
- 5 They will be called “the children of God.” (12:9)
- 6 Jesus teaches how to discern between true and false prophets by likening their works to these. (14:15-20)
- 9 The people of God “shall see eye to eye when the Lord shall bring again _____.” (16:18)
- 11 Brother of Nephi, raised from the dead by Nephi, and one of Jesus’ 12 chosen disciples. (19:4)
- 13 Jesus offers to heal the people, show them mercy, and give them this type of life. (9:13-14)
- 17 Jesus declares that His Church would be called in His name and built upon His gospel, which includes faith, repentance, baptism and being “sanctified by the _____ of the Holy Ghost.” (27:8,19-21)
- 19 Those who were given the privilege of revealing even greater things than Jesus Himself had revealed. (26:14)
- 21 Word Jesus uses to describe Himself metaphorically. (15:9-10)
- 22 The Three Nephites ministered to this prophet around 300 years after being translated. (28:24-26)
- 24 Word Jesus uses to describe His disciples metaphorically. (12:14-16)



Puzzle created by Robin Finlinson



Original artwork by Tanner Finlinson, age 13

Brilliant Senior Living

Quail Park

AT

Morrison Ranch

By Allison Beckert

Community is the basis of a rich life. Within Quail Park at Morrison Ranch, residents join such a community, and it is welcoming to everyone. At Quail Park, the calendar includes Sunday services, the features for movie nights, trivia and photos from the team's last themed lunch.

Steady favorites stick around, but as variety is the spice of life, the staff at Quail Park show off a unique ability to spot new opportunities, like creative painting, bonsai demonstrations led by one of their residents and entertainment from themed lunch parties to car shows on the back lawn!

No man is an island, and neither is a real home like Quail Park at Morrison Ranch. Recently, management at Quail Park reached out to support local restaurants. Ordering lunch in not only gave residents a treat when going out was not an option, it also put some much-needed money back into the community.

"We reached out every week and ordered 150 lunches for residents and team members. It was a great way to give back," says Dawn Milburn, Community Relations Director. "I had two restaurants where the owners came out in tears, so grateful to have that order and that business."

Change can't faze the team at Quail Park. While other communities handled quarantine and lockdown orders by keeping residents in their rooms or apartments, the management at Quail Park had no interest in reducing the quality of their performance.

"It's very difficult," said Milburn, "to protect our residents from the virus, but at the same time protect

them from loneliness and the stress caused by not having the social aspect so we really took that seriously. Unlike other communities, our home office allows us to take the pulse of what our own needs are."

Resident George Bingham explained, "Before they have the town council (where announcements or changes are shared with residents), we have a meeting with just the residents. We can bring up any problems or questions or concerns. It gets passed on to the staff."

Jackie Jespersen, another resident, agreed: "We feel like we have input into what's going on."

The creativity of the team shows in every way, especially in keeping their residents connected to family. One method got the other residents of Morrison Park involved. Along a path rounding the back of the property's lawn is a fence, and on that fence, friends and family of residents put posters in bright lettering with messages of love and well wishes during weeks where visiting wasn't allowed. Other residents in the neighborhood joined in, showing their support for Quail Park's community.

Staff and residents with Quail Park at Morrison Ranch are vibrant and resilient, just like the home they create for one another. They have shown and continue to show they know what makes a community of people at any stage thrive.

www.livingcarelifestyles.com/senior-living/az/gilbert/e-morrison-ranch-pkwy/
Quail Park at Morrison Ranch
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Photo by Quail Park at Morrison Ranch
Conversation corner during limited visiting due to the virus.



Photo by Quail Park at Morrison Ranch
Themed days are a big hit, and dressing up is encouraged!



Photo by Quail Park at Morrison Ranch
Residents participating in a playful toilet paper scavenger hunt!



Photo by Quail Park at Morrison Ranch
George Bingham having wings on a themed lunch ordered in!

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Can Potatoes Ruin Your Life?

A fun late summer read, *My Life as a Potato* is about a boy named Ben, the new kid at his school in Idaho. He gets busted for an incident involving a bouncy hot dog in the cafeteria, and as a punishment he must substitute as the school mascot for the final basketball games of the year. The problem? The mascot is a potato, Steve the Spud.

Ben begins making friends with the “cool kids,” but trouble follows.

“If they knew he was the dorky, clumsy potato mascot, all that could be ruined. So he goes to great lengths to hide his secret from his friends, his crush, and everyone at the school, which leads to some pretty hilarious situations,” says Arianne Costner, the author.

Costner, originally from Mesa, was a seventh grade English teacher when she discovered her love for middle grade books. Costner says the idea for *My Life as a Potato* was inspired by a BYU volleyball game

she attended with her husband. As she watched Cosmo, the Cougars mascot, dancing on the court, the idea hit her

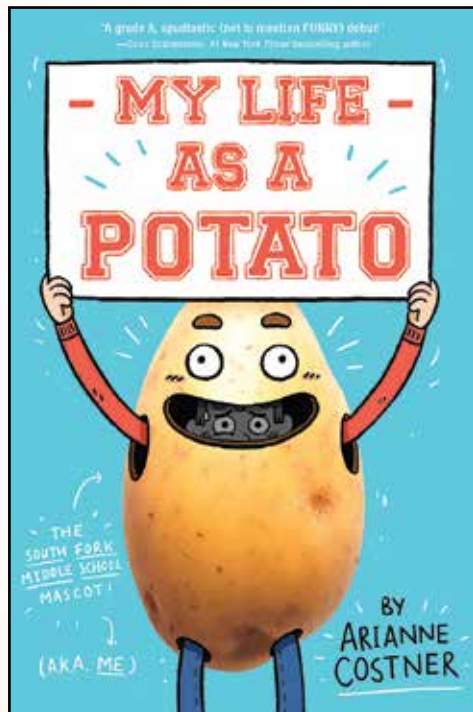
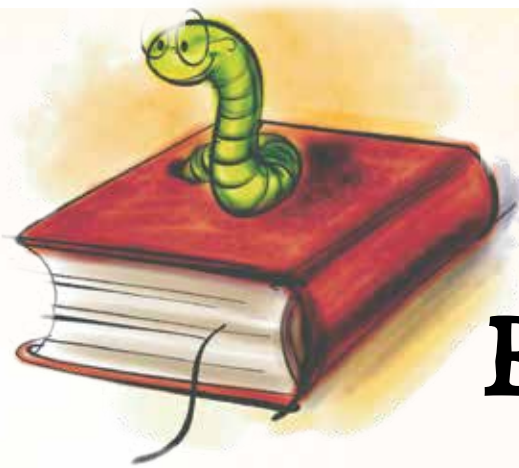


Photo courtesy Arianne Costner
My Life as A Potato by Arianne Costner.



Beehive BOOK REVIEW

By Cindy R. Williams

that it would be funny to write a book about a secret mascot. Her husband told her there was a potato mascot in Idaho and “that was it,” says Costner. “I knew I had to write this story.”

Costner says, “On my website ariannecostner.com, I have resources to go along with *My Life as a Potato*. There are book club discussion questions, a vocabulary guide and activity suggestions for teachers, and more. On the silly side, there’s a quiz to find out what type of potato you are (I’m a russet!), a YouTube tutorial on how to do the Mashed Potato dance, and even a recipe for funeral potatoes, which are mentioned in the book once.”

“With everything going on in the world, I believe that sometimes we need to take a moment to balance things out with lighthearted, funny books. Laughter is good for the spirit,”



Photo courtesy Arianne Costner

Author Arianne Costner.

says Costner.

My Life as a Potato is available at Barnes & Noble and Amazon, and as an ebook and audiobook.

Safe & Ready to Care for You! Continued from pg. 19

include emergency care, heart care, maternity and women’s care, pain management, surgical services, imaging services, orthopedic and spine care, neurology, neurosurgery and stroke services and weight loss surgery. The hospital’s experienced team of doctors and nurses work together to provide expert care and the best possible patient experience. They are committed to the communities that they serve, working collaboratively to ensure every patient receives the best care at an affordable cost.

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Mountain Vista is also now offering tele-health care visits in order

to enhance patient safety. “This was already in the works,” says Burchill, “but it was put on the fast track when Covid-19 came on the scene.”

Mountain Vista comes highly recommended by their patients, too.

“I was totally panicked when my water broke 4 weeks before my due date, and I thought my baby was in serious trouble. When I got to Labor and Delivery at Mountain Vista, everyone was friendly and calmed me down right away. I even got to talk with my baby’s future pediatrician, Dr. Ayella, before she was born, and that really made me feel better. Delivery with Dr. Marchand was great and now I have my beautiful daughter, just a few weeks early!” says Isabella Cooke, a recent maternity patient.

The Mountain Vista Medical Center is located at 1301 S. Crismon Road in Mesa. You can contact them at 480-358-6100 or see their website at mymedicalcenter.org. Their Florence campus is located at 4545 N. Hunt Highway and can be reached at 520-868-3333.



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COMPROMISING: In the back and forth between right and left, the voter is forgotten in favor of advancing a partisan agenda. I am not beholden to anyone but you, the voter. It is hardworking people like you that make my campaign possible through your hard earned donations. Therefore, I will be unrelenting in my pursuit of ensuring your voice is heard. I will partner with any legislator, regardless of party, to ensure that the people of LD 26 are looked after.



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2020 COUGAR CACTUS CLASSIC Golf Scramble



Photo courtesy of BYUMS Phoenix Chapter

Fore! Look out for the Third Annual BYU Management Society Phoenix Cougar Cactus Classic Golf Tournament at the Papago Golf Course Friday, September 18th. Team up with our BYU and ASU celebrities and local golf pros as money is raised for the BYU Management Society Phoenix Chapter.

Join former BYU athletes Heisman Trophy Winner Ty Detmer, Max Hall, David Nixon, Dennis Pitta, and former ASU athlete and NFL TE Todd Heap along with other celebrity athletes in this premier golf event!

Proceeds from this premier golf event support local chapter scholarships awarded to deserving students attending BYU, BYU-Hawaii, BYU-

Idaho, BYU-Pathway, or Arizona State University. Because of events like this, BYUMS is able to provide their resources to help deserving students pursue their educational goals.

Every registered golf participant will receive a valuable variety gift package for their personal enjoyment.

With amazing food, fantastic prizes, an incredible golf course venue, and a

worthwhile mission, this is fast becoming one of the most sought after BYU Management Society annual events. Come golf and support the BYU Management Society Phoenix Chapter!

For more info, visit: <https://byums.byu.edu/events/details/byu-phoenix-presents-2020-cougar-cactus-classic-golf-tournament-1/>

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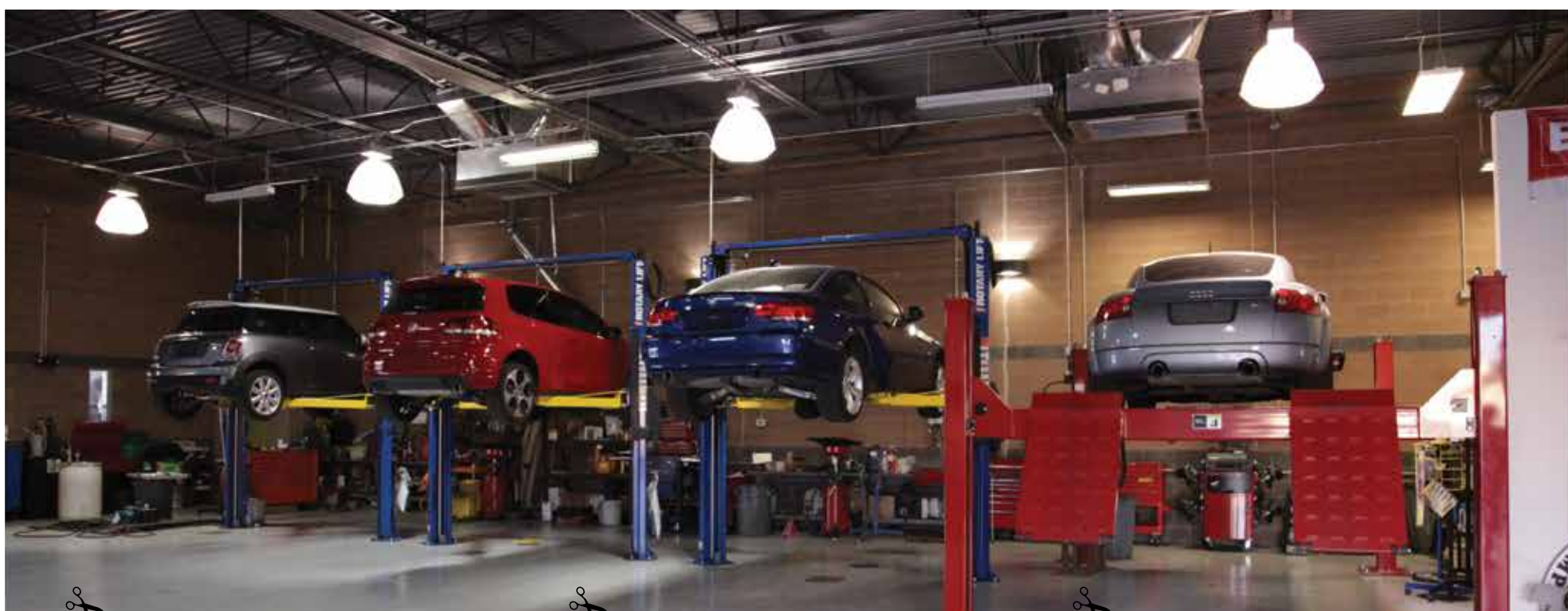
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JUSTSERVE

Operation School Bell

Turning Back-to-School Stresses Into Student Successes

By Hillary Jade Fevrier

While our pandemic-inspired back to school hustle in 2020 might include extra quantities of hand sanitizer and face masks, there is no suppressing the excitement of the impending academic year. Students from preschoolers to seniors look forward to that first day of school outfit, the smell of the unmarred spiral notebooks, and the stiffness of the zippers on a brand new backpack. Unfortunately, in the background of most people's shopping excitement, there are some families for whom this time of year is more a cause of stress than celebration.

Herbert Hoover said, "Children are our most valuable resource." If we really agree with that, then we must take an interest in the children in our community. The Assistance League of Phoenix is a nonprofit organization that truly invests in youth in this valley. The Assistance League's Operation School Bell provides children in need of assistance with clothing and supplies, helping relieve some of the pressure at this particularly busy time of year. Operation School Bell reaches approxi-



The Delivering Dreams Bus serves over 8,000 children annually.

mately 8,500 students every year, and the numbers are growing.

If the support in the form of clothing and supplies wasn't enough, Operation School Bell has more up its sleeves. The Delivering Dreams Buses, mobile units that bring the services of Operation School Bell right to the schools of the recipients, are the best part of the operation.

Selected students board the Bus and are assisted by volunteers in the selection and fitting of a bundle of items, including: two bottoms, three tops, six pairs of socks, six pairs of underwear, a sweatshirt, a belt, a pair of shoes and a personalized health kit full of hygiene items. Three well-known patrons sponsor the three Buses: The Arizona Diamondbacks, Fiesta Bowl Charities and Phoenix Rotary 100. Operation School Bell also has a brick and mortar location in Sunnyslope.

Volunteers are always needed and

should inquire at volunteer@alphx.org. A volunteer can expect, among other things, to assist the students on the Delivering Dreams Bus in finding appropriate styles and sizes to suit their needs, as well as to see plenty

of smiling faces and grateful hearts. Donations are always accepted and can be directed to www.alphx.org/donate. School administrators who wish to offer the benefits of the Delivering Dreams Buses to their students should contact the Assistance League of Phoenix directly.

The Savior said, "Suffer little children, and forbid them not, to come unto me: for of such is the kingdom of heaven." There is no work more important than the work we do to care for and protect our children. The Assistance League of Phoenix is a true advocate for the success of the rising generation. The Assistance League of Phoenix and the Delivering Dreams Buses invites children to come to them, showing true Christian dedication to success of these little ones.

<https://www.assistanceleague.org/east-valley/philanthropic-programs/operation-school-bell/>



One of the Operation School Bell Delivering Dreams Buses with happy volunteers.

Image courtesy of the Assistance League of Phoenix

VALLEY TEMPLE SCHEDULES

Mesa Arizona Temple

101 S. LeSueur, Mesa, AZ, 852014
(480) 833-1211

Temple Closed During Renovation

For an excellent source of updated info regarding renovation work, visit Mesa Temple Construction on Facebook.

Gilbert Arizona Temple

3301 S. Greenfield Rd, Gilbert, AZ, 85297
(480) 822-5000

LIMITED OPERATIONS AS OF MAY 18:

Phase 1: Temple Open For Living Sealings Only—

Based on First Presidency direction, this temple has resumed limited operations. At this time, only husband-and-wife living sealings are being performed for members who have already received their endowment. Sealings will be performed by appointment only and limited to couples residing in a designated geographic area. For these sealings, the temple will have minimal staff and the number of guests will be limited. At this time, appointments may only be scheduled several weeks in advance. To schedule an appointment, please send an email to the temple using the link below and include the names of the couple, desired sealing date, phone numbers, and the best time to contact you. All government guidelines will be observed, including regulations related to travel, gatherings, sanitization, and safety. All patron housing, cafeteria, and clothing services remain closed. Please check <https://www.churchofjesuschrist.org/temples> regularly for updates.

Phoenix Arizona Temple

5220 W. Pinnacle Peak Road, Phoenix, AZ 85310
(623) 474-9500

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